

**COMMISSION ON AGING
REGULAR MEETING**

Monday, July 17, 2017 5:00 pm

THESE MINUTES ARE SUBJECT TO THE APPROVAL BY THE COMMISSION ON AGING.

The Commission on Aging held a regular meeting on Monday, July 17, 2017 at the Senior Center, 14 Riverside Road, Sandy Hook, CT.

Call to order: 5:01 pm.

PRESENT: Anna Wiedemann, George Guidera, Mae Schmidle, Anne Rothstein, Ruby Ryles, Barbara Bloom, Curt Symes, John Boccuzzi, LeReine Frampton, Claire Theune, Larry Passaro.

ALSO PRESENT: Marilyn Place, Ann LoBosco, Officer Maryhelen McCarthy, Communications Director Newtown Emergency Communications Center Maureen Will, Dan Rosenthal, 1 member of the public, 1 press.

ANOUNCEMENTS: Ms. Wiedemann welcomed Mr. Passaro as the newest member to the Commission On Aging.

PUBLIC PARTICIPATION: None.

MINUTES: Mr. Guidera moved to approve the minutes of the June 19, 2017 meeting. Second by Ms. Rothstein and unanimously approved. All in favor.

REPORTS:

DIRECTOR OF SENIOR SERVICES: Ms. Place distributed the monthly report and asked for questions. ATTACHMENT A. Ms. Place reviewed the new website, the launch, presentation at the Baptist Church, July 27 at 1:00. Ms. Place discussed a new Lunch and Learn with Jennifer Crane, Newtown Center for Wellness on August 25, need to pre-register. Shades of Purple Triad discussed. Ms. Place brought forth the discussion of updating the magnets and need to purchase new ones. Regarding printing, Ms. Schmidle suggested that the name be on it. One question brought up is how to best inform seniors and family members of best placement of forms in the home, with caregivers, needed for emergency care such as no CPR form, DNR form so medical personnel can be aware of intentions. Mr. Guidera pointed out challenges of following intentions even when person is in the hospital, it is important to keep extra copies of documents at hand. Ms. Bloom moved to approve the purchase of magnets of a quantity of 501 at approximately \$1.39 each from the gift account that includes Commission On Aging logo identification name and phone number. Second by Mr. Guidera and unanimously approved. All in favor.

Ms. Place discussed plans for the annual picnic scheduled for August 21 and requested funding at \$3.00 each, Hart transit is free. Taking the van for the lift. Ms. Bloom moved to approve \$429.00 for the picnic. Second by Mr. Boccuzzi and unanimously approved. All in favor.

DIRECTOR OF SOCIAL SERVICES: Ms. LoBosco shared the Director of Social Service Report in a new format. ATTACHMENT B. She reviewed operation fuel program and state funding cuts related to the program as well as other programs, such as farmer's market vouchers. Mr. Symes discussed ways to give out portions to keep within budget constraints, Ms.

Frampton suggested to put information in The Bee, Mr. Boccuzzi asked about certain times of the year that power can't be shut down. Operation fuel is \$500.

TREASURER'S REPORT: Ms. Rothstein reviewed the Treasurer's Report. ATTACHMENT C. Ms. Bloom moved to file for audit. Second by Ms. Rothstein and unanimously approved. All in favor.

CHAIR/VICE CHAIR: Ms. Wiedemann and Mr. Guidera shared the Chair Report, ATTACHMENT D. Ms. Wiedemann said she is not aware of any committee meetings. Discussion moved to the Senior Center Community Center.

OLD BUSINESS:

Senior Center Advisory - Mr. Guidera spoke about meetings of the Community Center Advisory Committee and meetings related to the design of the new Senior Center and Community Center, Fairfield Hills Authority, meeting with Caldwell Walsh last Friday, no meeting this coming Friday, but will meet on the 28th. P & Z approved design, Fairfield Hills Authority approved. Concerns expressed at meetings included layout of the building, exterior, parking areas. Mr. Guidera said he expressed concern of bidding process and was reassured by architects and Caldwell and Walsh. Donated goods and services discussed. Mr. Passaro said questions were raised about the budget. Specific to 3 budgets, GE money, money approved for the community center, and one approved for the senior center. Ms. Frampton said that Caldwell Wash has the estimators, Mr. Symes said to have confidence in the process. Accountability discussed. ATTACHMENT E.

Grants: Barbara Bloom, John Boccuzzi & Anne Rothstein – discussed the changes in the charter, grant application process, check receipt process, what the process is and how to best follow it. Ms. Rothstein suggested to speak together with the people in the town that deal with grants, along with Cristal Preszler.

Review and updates SC booklet: Claire Theune & Anne Rothstein – Ms. Theune said that they reviewed materials from other senior centers, discussed directory of pertinent telephone numbers and email addresses. Funding and costs discussed, as well as cover design and layout. Maureen Will offered to reach out to her contact at Staples. Three bids required for printing. In the past, 500 were printed. Cost of .71 discussed. Booklet to have comprehensive information, include resources. Mr. Passaro asked for information on local discounts, as in the Ridgefield booklet. Ms. Theune discussed target date of January 2018 for distribution.

Elderly Financial Abuse: COA members: George Guidera, Marilyn Place, Ann LoBosco.
Advisory: Maryhelen McCarthy & Maureen Will - no meeting.

Wellness Series: Anna Wiedemann & John Boccuzzi – no meeting. VNA 100 year anniversary coming up. Mr. Boccuzzi referred to aging master program, managed by Ms. Ryles - said the aging master program is a team program that deals with every aspect of aging, starts with exercise, sleep disorders, financial fitness, advance planning, social relationships for example, a 10 week program. Mr. Boccuzzi said he will check if Western Connecticut would be interested.

TRIAD: COA members: Marilyn Place, Anna Wiedemann, John Boccuzzi. Advisory: Maryhelen McCarthy Ms. Place said the event has been a year in the making, many speakers come together, September 29 from 1-4, TRIAD Shades of Purple event.

Communications: Ms. Ryles discussed the brochure, need a photo next month, with new member, come 10 minutes early for photo.

NEW BUSINESS: Ms. Schmidle discussed the Southington new senior center, grant funded. She hopes the COA will have some input on interior aspects of new senior center. She expressed interest in making the new senior center a more visible area, consider promotional

materials to promote the center, also have a presence in the Labor Day parade. **Ms. Schmidle made a motion for sign to be made up to be placed on the car for the parade, use of \$200 in funds and if more Ms. Schmidle will procure the extra funds, executive committee to come up with recommendations for the sign, present plan at next month's meeting to make a decision.** Second by Ms. Frampton and unanimously approved. All in favor.

Mr. Passaro said that he has visited senior centers in all of the towns around Newtown, he asked what would they have been done differently, he suggested that if COA have the time, arrange to have a tour of local senior centers. Mr. Passaro asked everyone to think about renaming the senior center, consider removing senior out of senior center, give it some thought, come up with something creative to share.

Mr. Symes brought up charter revision verbiage, not on the website, how to get updates, on website, each department is responsible for updating website. Ms. Will offered to look into it.

PUBLIC PARTICIPATION: none.

ADJOURNMENT: There being no further business, **Ms. Frampton made a motion to adjourn the meeting at 6:35 pm,** Second by Ms. Bloom and unanimously approved. All in favor.

Respectfully submitted,

June Sgobbo, Clerk

Attachments: Director of Senior Services Report, Director of Social Services/Municipal Agent for the Elderly Report, Treasurer's Report, Commission On Aging Chair Report, Senior Center news article, Senior Center floor plans.

NEWTOWN SENIOR CENTER
 Director of Senior Services
 June 16, 2017 – July 14, 2017

ATTACHMENT A

PROGRAMS NUMBER OF ATTENDANTS (JUNE)

Meditation	36
Zumba Gold	22
Exercise	290
Floor Yoga (2 days)	22
Chair Yoga (2 day)	92
Cards	23
Mah Jong	8
Bingo/Keno	16
Lunch	80
Hot Dog/pizza Luncheon	48
Knitting	34
Iris Fold cards	10
Quilting/sewing	8
Walk-Ins	23
Billiards/ping pong	10
Crafts	6
Trips	32
Newsletter	6
Wii	8
Painting/Art	16
Special events/entertainment	129
Tai Chi	34
Qi Gong	36
AARP Safe Driving	20
Ballroom Line dance	0
Barn Dance	34
Current Events Discussion	16
Spanish Lessons	32
Speakers	129
Chair Pilates	25
Strength & Balance	33
Inter-generational w/ CAC	63
Password	16
Blood Pressure	18
AARP Taxes	

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday	Monthly Attendance
155	254	271	183	301	1164

COMPLETED EVENTS:

- Free Massages for Stress relief for seniors June 21
- A Life Less Ordinary speaker June 23
- Transitional Senior Care Coach
- Declaration of Independence Speaker July 6

UPCOMING EVENTS:

- Free Chair Massages for Stress relief for seniors July 31
- Wii Bowling Tournament July 26
- Website launch , recognition and reveal July 27
- AARP Driving Safety Program August 18
- Annual Summer Picnic @ Holiday Hill August 21
- Masonicare Annual Picnic Sept 15

TRIPS:

- Mohegan Sun July 20
- Block Island July 25
- Frankie Vallie August 17
- Boston Pops @ Tanglewood August 19
- Lobsterfest @ Log Cabin August 29
- 9/11 Memorial Sept 6
- Newport Cabaret Playhouse Sept 12
- Elvis @ Grand Oak Villa Sept 19
- National Parks Experience Oct 10-16

CRUISES:

- Transatlantic Cruise Spain/Canary Island Oct 19-Nov 3, 2017
- Western Caribbean w/ Norwegian Breakaway January 19 – Feb 2, 2018
- Ireland, Iceland and Scotland w/ Celebrity Eclipse May 10-20,2018

SPEAKERS:

Lunch and Learns:

1. WCAAA Assistive Technology August 18
2. Precious Moments Tours 2018 upcoming tours Sept 11

GIFT FUND:

Annual picnic is Aug 21. As in the past staff and 10 seniors are sponsored by the gift fund. Myself and Judy and Bob (3) plus 10 seniors. 13 @ \$33 each is \$429.00.

agewellCT.orgWebsite launch, recognition and reveal is scheduled for July 27 @ 1-2

UPDATE:

All Lunch and Learns on Friday are a big success and are ongoing.

Friday afternoon Canasta has taken off. Game nights are on Friday. First one was July 7. They played till 8pm. Next is July 28.

UPDATE: TRIAD ...below is a full description of TRIAD for those not familiar. In 2003 Newtown became the 11th town in the state to partake in a collaboration with local law enforcement to create a safer community.

SEE ATTACHMENT for flyer

WHAT IS TRIAD?

Triad is a community policing initiative between seniors, law enforcement and service providers to increase safety through education and crime prevention. Its goals are:

- To reduce criminal activity that targets older Americans
- To alleviate seniors' fear of victimization, build confidence and improve the quality of life
- To enhance delivery of law enforcement services to older persons
- WHAT DO TRIADS DO?
- **Empower** - give seniors direction.
- **Educate** - gather information on criminal activity, and sponsor crime prevention workshops and other programs.
- **Reach Out** - reduce fear and increase peace of mind for seniors who live alone, through home visits by law enforcement officers.
- **More Links** - provide a forum to discuss crime-related needs and concerns of seniors, identify problem areas and develop and implement community-wide solutions.

WHAT CAN RESULT?

Seniors can gain from regular contact with police officers, direct involvement in crime prevention strategies and awareness of available services.

Law enforcement gains more contact with seniors, better awareness of seniors' crime-related fears, more understanding of the human service field, and increased respect and understanding for the department by members of the community.

Human service providers gain from improved distribution of services, more cooperation with other providers, and better understanding of law enforcement and the challenges it faces.

Senior Center Membership renewal is due. July 1st on.

Summer is here ... More to report on Monday

Keeping the seniors busy, active and independent .

Marilyn





“NSC TRIAD ”

Friday Sept 29 1:00 to 4:00

“SHADES OF PURPLE”

Guest speakers:

- Angela DeLeon Peoples Bank State coordinator of State of CT TRIAD
- Marilyn Place Director of Senior Services
- Officer MH McCarthy Newtown Police Officer
- Donna Culbert Director of Health , Newtown Health District
- Maureen Will Director of Newtown Communications
- Jennifer Crane Director of Newtown Center of Support and Wellness
- Ann LoBosco Director of Social Services
- Esma Ajruli State Dept. of Protective Services for the Elderly
- Arthur Gottlieb LCSW

TRIAD is a coalition of business, police, seniors citizens and volunteers working together to make a safer community for seniors. In 2003 Newtown became the 11th town in the State to partake in a collaboration with local law enforcement to create a safer community.

This year topic”Shades of Purple”

(Purple is the awareness color)

Topics to be addressed:

1. Elder abuse
2. Bullying
3. Dementia

This will be a special educational/informative event. Each speaker will be discussing one of the seven signs and will be no more than 10 minutes long.

All of us can contribute so much to help our senior population from the seven signs of abuse:

1. Physical
2. Mental
3. Emotional
4. Neglect
5. Abandonment
6. Financial
7. Exploitation

This can be a “heavy” subject to some, but needed. We can make it “light” with so many of us supporting facts from professional experience.....Making a difference and helping our aging population. Awareness is and can be valuable to all seniors. There will be many hand outs and a raffle basket.

More info to be posted... ..Refreshments to follow event.....circle your calendar.....reserve a seat.....



**our region's
one stop
experience
providing
the latest
resources,
news and
information
for seniors**

an initiative of the

**agewell
community
council**

DANBURY, CT

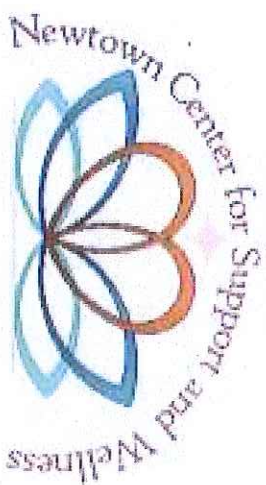
**Formerly the
Aging in Place Council
of Danbury**



**Join us
Newtown Senior Center
website LAUNCH
Recognition and reveal
Thursday July 27
Time 1:00-2:00
All are welcome
PLEASE RSVP to: 203-270-4310**

Made possible by our generous supporting partners:

**Boehringer Ingelheim Cares Foundation, Connecticut 2-1-1,
Danbury Hospital & New Milford Hospital Foundation,
Fairfield County's Community Foundation, The Peter and
Carmen Lucia Buck Foundation, Savings Bank of Danbury,
United Way of Western Connecticut**



AUGUST 25, 2017 AT 11:30AM LUNCH & LEARN NEWTOWN SENIOR CENTER 14 RIVERSIDE, SANDY HOOK

Located at 28 Trades Lane, on the Fairfield Hills Campus, the Center for Support and Wellness (CSW) is a single point of entry for mental health and wellness resources. The CSW aims to connect any Newtown resident with resources, fill gaps in service, and promote wellness within the community.



Jennifer Crane, Director, will be discussing the services offered at the Center for Support and Wellness, the history of the CSW, and seeking input from seniors about the needs in their community. Jennifer has a background in marriage family therapy, administration, crises response, and a passion for ensuring people do not feel as if they are alone.

**DIRECTOR OF SOCIAL SERVICES/MUNICIPAL AGENT FOR
THE ELDERLY**

July 2017

Program Statistics

Energy Assistance Applications (245 applications – 160 Senior/Disabled = 65%)
Food Pantry (45 individuals/families visit weekly – 30 Senior/Disabled = 66%)
Operation Fuel (Spring program) – (16 applications - \$6,997.88 total – 11 Sr/Disabled = 68%)
Operation Fuel (Summer program) – (1 application to date – 1 Senior/Disabled)
Salvation Army – (30 applications to date - \$9,552.92 total – 12 Senior/Disabled = 40%)
Goodwill gift cards – 4 distributed
Renter's Rebate – Program started on April 3rd (55 applications to date).

The Operation Fuel Program started up again on July 5th for the summer which helps with electric bills. However, due to the fact that our governor and state legislature are still negotiating a budget, the funding is uncertain. The funds allocated to us for the summer program are limited. Some towns are opting to discontinue taking applications. However, clients can still be enrolled in Newstart or code for winter protection as long as they are within the 60% median income limit.

The Farmer Market voucher program administered through the state has been put on hold as well due to our lack of budget. (The program allows low income seniors 60 years and old to receive six \$3 coupons for use at Farmers Markets.)

Met with a reporter from The Newtown Bee who is writing an article about the special challenges that senior citizens face when living alone. The article will be an in-depth look into the everyday struggles seniors face like coping with housing, care of the home, long-term care for their health, transportation, ways to socialize, etc. The article is expected to come out in the next week or two.

Received a referral from Meals on Wheels regarding a disabled women whose income is very limited in relation to her cost of living. She is looking for help with house cleaning once or twice a week. I will be meeting with her this week to discuss her options and possibly applying for Medicaid for her.

Commission on Aging Chair Report

July 17, 2017

Not much has happened since our June meeting. That I know of, no sub committees have met - if they have, they will report at our meeting on Monday, July 17. I have not met to discuss anything on the Wellness Series. I will reach out to the VNA to see if there is something that should be addressed in the immediate future. I know that the VNA will be providing eye screenings in conjunction with the Lions and will be at the Health Fair on September 16 for eye screenings, Dermatologist screenings and we will have Bethel VNA there for blood pressure screenings, as well as cholesterol screenings and flu shots. We have not met as a TRIAD yet either.

COA Advisory meetings continue. I will let George and LeReine address those meetings. I know that they continue to meet with Caldwell and Walsh, as well as Planning and Zoning and Fairfield Hills Authority.

Upcoming events that would be beneficial to have COA presence at are as follows:

Lunch and Learn

- August 11 Richard Denno from Precious Moments Tours
- August 18, WCAAA Assistive Technology Center presents Gadgets and Gizmos

Game and Pizza Night from 4-30-6:30 on July 28 and August 25

The annual statewide Senior outing at Holiday Hills takes place on August 21 from 9am-4pm. \$33 pp by 8/11

Masonicare Picnic is on September 15.

Stay hydrated - don't forget to check on your neighbors.

Warm regards, Anna

SOUTHINGTON

\$9M Senior Center Ahead Of Schedule

By BILL LEUBHARDT
leubhardt@courant.com

SOUTHINGTON — Construction is ahead of schedule and below budget so far on the town's \$9 million senior center project, center director Robert Verderame said Wednesday.

"The water lines are in, floor is in and now the steel frame is almost done," Verderame said from inside his office, close to where crews were installing final pieces of the new center's metal skeleton. "Next is the metal wall and roof. Then the interior work can begin."

Voters approved the project last November. Construction is expected to be completed in early spring 2018 for the center, long called the Calendar House center, he said.

Until then, the center is rescheduling some of its classes to work around the loss of about 50 parking spots during construction.

"The water lines are in, floor is in and now the steel frame is almost done. Next is the metal wall and roof. Then the interior work can begin."

Robert Verderame
Center Director

Once the project is done, the center will have about 140 parking spots, the same number it had prior to the construction.

The current 13,500-square-foot center will be demolished and parking will be expanded on that site. These new spots will make up for parking that will be lost once the larger new center is built. The new facility will be on the same Pleasant Street

lot where Calendar House has been since it opened in 1969 in a former 1913 farmhouse. Additions were built in 1974, 1988 and 1999.

The new center is being built because the current one is crowded and lacks sufficient space for programs. Membership is open to any resident 55 and older — about 30 percent of the town's 42,000 residents. Voters overwhelmingly approved the project in a November 2016 referendum vote. A \$5 million state grant will pay for slightly more than half of the cost, so taxpayers will need to finance about \$4.4 million of the project.

Starting March 20, the Hobart Street entrance to the lot was blocked for use by construction vehicles. It had been used weekdays by parents dropping off and picking up students at DaPaolo Middle School across the street from Calendar House. That traffic issue will continue until the new center is open and all demolition is done.

ATTACHMENT E

